

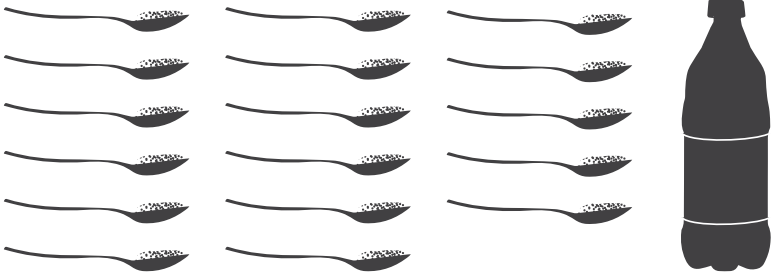
HOW MUCH SUGAR IS IN YOUR DRINK?

Here's a formula to find out!

of grams ÷ 4 = # of teaspoons

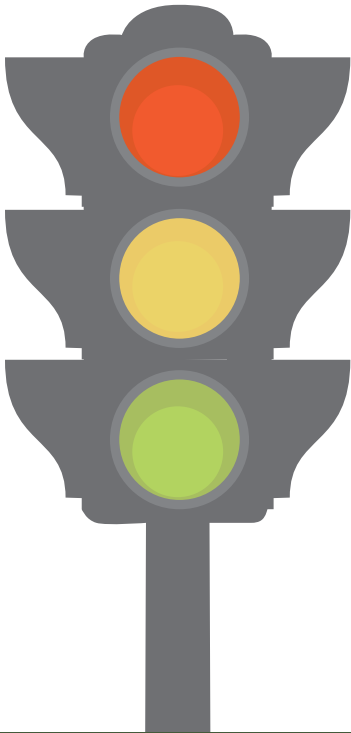
Got more than one serving?

Multiply the number of tsp. of sugar by number of servings to get the total amount of sugar in your drink. The average soda contains 17 tsp. sugar!



**GOOD FOOD,
HEALTHY HOSPITALS**

RETHINK YOUR DRINK



● RED LIGHT

- Regular soda
- Sports & energy drinks
- Whole or 2% milk
- Sweetened coffee drinks

● YELLOW LIGHT

- Diet drinks
- Fruit or vegetable juice
- Skim, 1% or non-dairy flavored milk

● GREEN LIGHT

- Water; unsweetened seltzer
- Skim or 1% milk



TIPS & TOOLS

Soda and other sugar-sweetened beverages are packed with calories & added sugars. Use our stoplight guide to help you choose your drink.

RETHINK YOUR DRINK



- RED (avoid)
 - Regular soda
 - Sports & energy drinks
 - Whole or 2% milk
- YELLOW (drink sparingly)
 - Diet drinks
 - Fruit or vegetable juice
 - Skim or 1% flavored milk; nondairy sweetened milk
- GREEN (drink regularly)
 - Water; seltzer
 - Skim or 1% milk

Soda and other sugar-sweetened beverages are packed with calories & added sugars. Use our stoplight guide to help you choose your drink.

